

Health Homes Herald

February, 2015

Volume 2, Issue 5

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Home Representatives Testify Before Legislative Committee

Three Health Home representatives testified before the Robert G. Bethel Joint Committee on Home and Community Based Services and KanCare Oversight on January 23, 2015.

All three praised the program and sought to demonstrate how valuable these services are to Health Home members.

Kyle Kessler, the Executive Director of the Association of CMHCs of Kansas, Inc. spoke of the investments made by

the state’s 26 CMHCs and highlighted their appreciation of KDHE leadership in the initiative.

Jeremy Johnson, a Health Homes Care Manager at Community Health Center of Southeast Kansas shared moving and very personal success stories from their program.

Marilyn Cook, Executive Director of COMCARE provided historical and national context to the program and also detailed how

their Health Home program has already achieved impressive success with members.

We appreciate the positive nature of these testimonies and agree with Jeremy Johnson, who finished his testimony by speaking of how Health Homes have helped his members:

“...involvement in Health Homes has allowed them to experience hope — hope that their lives might be better in the future”.

Spanish Language Brochure

In response to requests for Health Home materials in Spanish, we have posted a Spanish version of the basic Health Home brochure on the Health Homes website:

http://www.kancare.ks.gov/health_home/download/HH_Brochure_Spanish.pdf

Though we may not be able to meet every need for additional resources, we appreciate your help in identifying gaps. If you find that you need additional resources to better serve your members please contact

Samantha Ferencik:

Phone : 785-296-8001

Email: sferencik@kdheks.gov

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Upcoming News and Events

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- Live Learning Collaborative Meeting — Feb. 27, 2015
- Health Action Plan Community of Practice — Feb. 17, 2015

Questions?

Email:

healthhomes@kdheks.gov

Phone:

1-785-296-3981



Consumers' Frequently Asked Questions

I've met all of the goals on my Health Action Plan (HAP). Can I graduate?

Great job on being able to meet all of the goals on your HAP! We know that many members are making great strides toward reaching their HAP goals and we are so happy to see this.

If you don't want to stay in the Health Homes program you are able to opt out at any time by calling HP at: 1-866-305-5147.

If you would like to stay in the Health Home, you should talk to your Care Coordinator about updating your HAP so that you can work on even more goals. Remember, you can always get better and since Health Homes are free, there's no harm in staying with the program.

If you have more questions or would like to know how to be recognized for your achievements please contact Samantha Ferencik:

Phone : 785-296-8001

Email: sferencik@kdheks.gov

Health Homes Early Successes Booklet

In an effort to share all of the wonderful success stories we've been hearing we have worked with a select few Health Home Partners and consumer to produce a booklet that can be found on the Health Homes website: http://www.kancare.ks.gov/health_home/download/HH-Success-Booklet-Proofout.pdf

The booklet contains seven personal stories and photos from actual Health Homes members as well as a few short articles that detail how Health Home Partners are coming along in their approach to delivering Health Home services. We hope that you will find these stories encouraging and draw on fellow Health Home Partners' experiences to learn how other Health Home Partners are transforming their perspectives through their participation in Health Homes.

We truly appreciate all of the time and energy that our Health Home Partners as well as the featured consumers devoted to helping us to produce this booklet. We know that many others have had great successes and encourage everyone to continue to send in their stories. Whether your stories are used in the Newsletter, in a future edition of the Booklet, or for other purposes, it is always great to hear how the program is working and share in your achievements.

If you have success stories that you'd like to share please contact Samantha Ferencik:

Phone : 785-296-8001

Email: sferencik@kdheks.gov



Update from Wichita State University Center for Community Support & Research

The WSU Center for Community Support & Research provides learning opportunities for staff within contracted Health Home providers. Remember, participation in the Learning Collaborative activities is a requirement for all Health Home Partners. Please ensure that your agency is represented if you are a contracted Health Home Partner.

Here is what's happening:

- The **Health Homes Learning Collaborative** is an opportunity for administrators and managers within contracted Health Home Partner organizations to join with professional associations, Lead Entities and State Program leaders to celebrate successes, conquer challenges and build a quality Health Homes system that improves the lives of the individuals and families it serves. Agency participation is required – see the Health Homes Program Manual for more information.
- January's webcast focused on Peer Support Specialists in Health Homes with information on who qualifies to be certified as a mental health CPS and info on how to navigate the process.
- Our next webcast is **February 3 at 3:00 p.m.** and will be focused on screening for Substance Use Disorders and resources for follow-up. Pre-registration is required!
- The next live meeting of the Learning Collaborative is **Friday, February 27 from 10:00 a.m. – 3:30 p.m.** at the Rolling Hills Zoo in Salina. Watch your inbox for your invitation to register!
- The **Health Action Plan Learning Series** is an opportunity for Care Coordinators and Social Workers within contracted Health Home Partners to gain tools and resources for writing quality Health Action Plans with their members. Links to recorded versions of the webcasts will be available soon to contracted Health Home Partners with another "live" session coming later this spring/early summer.
- The **Health Action Plan Community of Practice** allows Care Coordinators and Social Workers within contracted Health Home Partners a place to discuss with their peers challenges they face when writing Health Action Plans and strategies to be more effective. Please join us on **February 17 at 11:00 a.m.** for inspiring conversations and practical ideas!

Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO.

For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu.



Remember to Stay Prepared for Winter Weather

Even though January was mild in Kansas this year, we'd still like to remind everyone to prepare for winter weather. February is likely to produce bitterly cold temperatures and it is important that homes and vehicles are equipped to keep us safe in case winter weather strikes unexpectedly.

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months:

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector and

test batteries monthly.

- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies by installing a CO detector and check the detector's batteries regularly.

In addition to your home, don't forget to prepare your car. Get your car ready for cold weather by doing the following:

Service your car.

- Service the radiator and maintain the antifreeze level.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.

Prepare an emergency kit.

In case you are stranded in your car, make sure to leave the following in your car during winter months:

- Blankets
- Food and water
- Jumper cables, tire pump,

and a bag of sand or cat litter (for traction)

- Flashlight and extra batteries
- First-aid kit

Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill.

If you have pets, bring them inside. If you cannot bring them inside, provide adequate warm shelter and unfrozen water to drink

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

You can learn about more winter safety and winter travel tips from the Centers for Disease Control and Prevention:

<http://www.cdc.gov/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdehs.gov

Website:

http://www.kancare.ks.gov/health_home.htm

